

DIABETES PREVENTION & MANAGEMENT PROGRAM

Congratulations



Rhoby Cook for winning the **Insta-Pot** and Caprice Van Pelt for winning the **Air Fryer** in the February 2023 Drawing.

If you would like to the chance to win in our April Drawing attend any of the **Diabetes Prevention and Management Program Events** listed to the right and get a ticket to enter to win.

Nutrition Awareness Month March 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30 Nutrition Class Begins!!!	31	

Monday

- Meet N Morning Walks
9:30 AM- 10:30 AM
- Zumba Nights
5:30 PM- 6:30 PM

Tuesday

- Beginner Yoga
2:30 PM- 3:30 PM

Wednesday

- Meet N Morning Walks
9:30 AM- 10:30 AM

Thursday

- Beginner Yoga
2:30 PM- 3:30 PM

Friday

- Zumba Nights
5:30 PM- 6:30 PM
- Cooking Class
10th and 24th
12:00 PM-1:00 PM

Gym Hours

8:00 A.M. -8:00 P.M.
Monday -Friday

Nutrition

Tele-Nutrition & Diabetes Educator

Appointments w/Registered Dietician/ Certified Diabetes Care and Education Specialist available at the Diabetes Center.

*Must call for an appointment

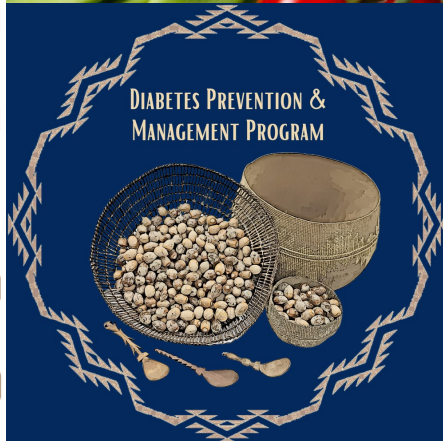


For questions call: 530-625-4261 Ext. 0262



Nutrition Class

5 Session Course addressing long-term health & success. Class is lead by Lauren Kester, a Registered Dietitian, Master of Science, and Associate of Diabetes Care & Education Specialist. Attend class and enter to win raffle item. Should you be interested in attending class it begins March 30th, 2023, ends April 27th, 2023, on Thursdays only, from 12:00 P.M.-1:00 P.M. With lunch provided.



Pre-registration call Diabetes Prevention & Management Program at 530-625-4261 ext. 0262